



2017

Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke

Services Offered

Arts & Crafts
Cultural Programs
Education
Exercise
Health Services
Information
& Referral
Lunch Program
Recreation
Socialization
Transportation
Travel
Volunteer
Opportunities

Mother's Day High Tea

The annual Mother's Day High Tea will be held on **Monday, May 8** from **11:30-1:00**. The cost is **\$8** per person or **\$64** for an entire table. Tickets go on sale starting April 21 and seating is limited. Choose where you would like to sit for this "family" style meal.

Plates of food will be served at your table and include bite-sized foods that are served part of a traditional English High Tea. A variety of tea choices will also be available to sample.

Music provided by a String Quartet from the American International School of Utah.



Shredding Day

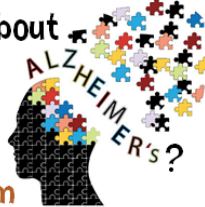
Shredding Day is back! Salt Lake County Aging Services will offer **free** document shredding at the Center on **Monday, May 8** from **10:00-1:00**. This shredding company has been used by Aging Services in the past and they are safe and reputable.

Organize your documents and bring the items that need to be destroyed any time between 10:00-1:00. Special thanks to Salt Lake County Aging Services and Shred Masters for providing this service.

Approved Items: All paper products, staples and paper clips, file folders, checks and checkbooks. Non-Approved Items: black binder clips, large metal pieces, carbon paper, cardboard, electronics, and plastic.



Puzzled about
Join the Murray
Heritage Center's
Alzheimer's Symposium
Tuesday, April 11 8:00 - 4:30
\$8.00 (includes lunch)



Served on 3/16 for
lunch at the Center

April's Chicken & Rice Recipe

(serves 4-6 people)

3-4 chicken breasts
2 cans cream of chicken soup
1/4 cup Red Rosé wine
1 cup sour cream
Salt and Pepper

Note: Add a little water if the sauce is too thick!

Clean and salt and pepper chicken. Place in a 4-quart baking dish (with lid). Combine soup, wine, and sour cream with hand mixer. Pour mixture over chicken, and sprinkle with paprika. Cover and bake at 350° for 1 1/2 hours.

Serve over rice.

Staff Information

Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen

Gallagher and Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Scott Harris

Meals Assistant — Chris Miller

Dishwasher — Annie Gardner

Custodian — Don Smith

Vehicle Volunteer Drivers — Jerry

Budd, Chuck Dillard, Sonny Jckowski

Building Attendant — Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,

Brenda Clausen, Donna Gaydon,

Connie Gardner, Ed Houston, Jenny

Martin, Pete Wright, Rod Young

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcreg.com**—all you need is an email address. Go to **mcreg.com** and select "**New Account.**" Once you have created your log-in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person"—simply stop in or call 801-264-2635 to register.

Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant account and have provided an email address. It is also available for pick-up at the Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts **all major credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the Front Desk about **gift certificates** for programs.

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable senior adults access to center programs, activities, and meals at the Heritage Center, regardless of their ability to pay for services, a Heritage Center Scholarship program is available.

The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.



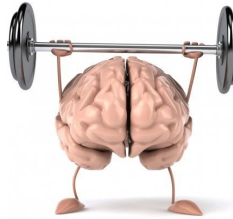
Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Community Rewards Program**, but only **IF** you link your rewards card to us. To enroll, go to **smithsfoodanddrug.com** and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Brain Fitness and Health

On **Friday, April 14** at **10:30** a representative from AARP will be at the Center to present **Brain Fitness and Health**. The University of Utah's Brain Institute has been collecting data on the effects of aging and strategies for preventing memory loss. This presentation (using a DVD) will feature experts on brain health and will share information about ways to recognize normal versus problematic memory loss, improve your cognitive skills, and keep your brain active. **This is a free class. Register now.**



Clear Captions

On **Tuesday, April 18** at **10:30**, a representative from Clear Captions will be at the Center to educate those with hearing loss about the Clear Captions *free* telephones with a built in *answering machine and amplified speaker phone*.



Clear Captions is a federally funded telecommunications company which provides captioning telephones to anyone in the U.S. with any type of a hearing loss. The *new* Ensemble Phone helps bridge the gap between missing words while having a phone conversation. This phone will aid users in regaining their independence by improving communications and therefore giving them a healthier and happier lifestyle. **This is a free class. Register now.**

Earthquake Class

On **Friday, April 21** at **10:30**, Maralin Hoff "Earthquake Lady" from the State of Utah Department of Public Safety will be at the Center to share her knowledge about the ways to prepare, what to do during an earthquake, and how to best get ready. A large earthquake is long overdue in our valley, let us all get educated and be ready for an earthquake. **This is a free class. Register now.**

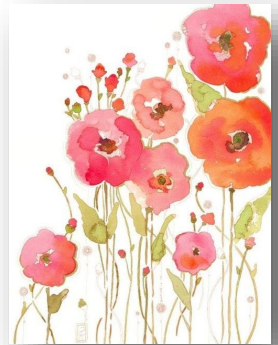


Watercolors: "Spring Fling"

John Fackrell will begin a new six-week watercolor class from **9:00-12:00** on **Monday, April 17** through **Monday, May 22**. Registration begins Tuesday, April 4 and the cost is **\$33**.

Spring flowers will be the motif for this watercolor session. Emphasis will be on the composition elements of value and color. Some experience in watercolor media is needed.

You should have your own paper (at least 140 lb. C.P.), watercolor paints and palette, brushes (preferably a 1" flat, #8 round, #6 liner or rigger).



Beginning Watercolors

John and Joan Fackrell will begin a new six-week watercolor class from **1:00-3:30** on **Monday, April 24** through **Monday, June 5**. Registration begins Tuesday, April 4 and the cost is **\$33**.

Every two weeks we will focus on the talents of one of the world's greatest artists and learn to apply their techniques in a small assignment in graphite and watercolor. Participants will learn to have a stronger understanding of art concepts and techniques of three different artists during this six-week class.

A supply list will be available at the front desk.

Wednesday Painting

The last eight-week session began **Wednesday, March 15** and will run through **Wednesday, May 3** from **9:00** to **12:00**.

A new eight-week session begins **Wednesday, May 10** and will run through **Wednesday, June 28**. Registration begins Tuesday, April 25.

The cost is **\$40** and payment is needed in advance. Teri Wood-Elegante is the instructor, and she will help you in either oil or watercolor.

Readers Theater

We are pleased to announce that the Readers Theater workshop continues each **Thursday** from **3:00 to 4:00**. Tricia, our director, is working with Engage Utah on this new program. Engage Utah was able to contract with local actors Joyce Skidmore and Paul Chaus to teach and oversee the program here at the Center. **This is a free class.** [Register now.](#)



Vital Aging

On **Tuesday, April 25** at **10:30**, we will present a new wellness class called **Letting Go of Clutter**. Do you find yourself holding on to items that you don't need but which you think you might use "someday"? Learn what you can do to promote a more comfortable and uncluttered living environment, as well as find ways to increase your well-being and reduce your stress level. **This is a free class.** [Sign up now.](#)

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

Memory by National Institute on Aging

Every day, you have different experiences and you learn new things. Your brain cannot store all of that information, so it has to decide what is worth remembering. Memory is the process of storing and then remembering this information. There are different types of memory. Short-term memory stores information for a few seconds or minutes. Long-term memory stores it for a longer period of time.

Memory doesn't always work perfectly. As you grow older, it may take longer to remember things.

It's normal to forget things once in awhile. We've all forgotten a name, where we put our keys, or if we locked the front door. If you are a senior who forget things more often than others your age, you may have mild cognitive impairment. Forgetting how to use your phone or find your way home may be signs of a more serious problem, such as Alzheimer's disease, other types of dementia, stroke, depression, or reactions to certain medicines.

If you're worried about your forgetfulness, see your health care provider.

Computer Help

The computer lab has six personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page (pay at the front desk or in the cash box in the computer room).



Individual one-hour computer help is available with Bob on **Tuesday** at **1:00, 2:00, or 3:00**.

[Registration and payment of \\$3 is needed in advance.](#)

Our instructor is unable to assist with hardware questions or problems related to equipment at home. If possible, please bring your own laptop for personalized assistance.

Ceramics

The ceramics class runs on **Tuesday** and **Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

Crafting with Susan

There will not be a class in April. Please join us on **Tuesday, May 9** at **2:00**, when we will make a cute wood project. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. [Register now for this class.](#) You will be able to finish the project and take it home the day of the class. This class is the second Tuesday of each month.

Haircuts

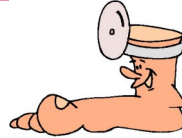


The Center offers haircuts for men and women on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid for the day of your cut. The barber is Jocelyn Anderson.

Appointments are every 15 minutes, starting at 9:00 and payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, April 27** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$10** and payment is required at time of scheduling. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered **every other month**. **The next clipping will be Thursday, June 22.**



Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling.

Current Events Discussion Group

The **Sandy Senior Center**, located at **9310 South 1300 East**, offers a discussion group focusing on current events and issues of local importance. These groups are open to anyone and are held every other Friday at 10:00 a.m. Upcoming discussion topics:

April 14 — Senior Citizen Health Issues: Presentations by Salt Lake County Health Department; Kitt Curtis, Mental Health Counselor and Substance Use Disorder Manager; and Tayler Nelson, Prescription Overdose Prevention Specialist.

April 28 — Alliance for a Better Utah: Chase Thomas, Policy and Advocacy Counsel, will enlighten the group with what has happened “up on the Hill” during the seven weeks our Utah Legislators were in session.

For more information, contact the Sandy Senior Center at 385-468-3410.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, April 25** from **9:30-2:30**. Sign up now at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. *The instructor will collect the fee at the start of the class. Make checks out to AARP and pay the day of class. They do not take credit cards.* Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending this class.

This class is the fourth Tuesday each month.

Attorney Consultation

An attorney is available for **free 20-minute** legal consultations the **second Tuesday** each month. He will be here on **Tuesday, April 18** (postponed one week) from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help, but they will not attempt to solicit your business.

Blood Pressure

Thank you to Rite Aid for providing free blood pressure screenings on **Thursday, April 6** from **11:00-12:00**. This service is offered the **first Thursday** of each month. Just walk in!

Medicare Counseling

Need help with Medicare or supplement issues? Sign up now for individualized help on **Tuesday, April 18** at **12:00-2:00**. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. A volunteer from SHIP comes the **third Tuesday** each month. Advance appointments are required.

Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round-trip ride. Pick up is between **10:00-10:45** and the return home ride is around **2:30** after bingo. If you need a ride, call at least one day in advance.

Heritage Center



We are here to serve you

Monday — Friday

8:00am - 4:30pm

Thursday

8:00am - 10:00pm

Saturday/Sunday

Closed

#10 East 6150 South

(West of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

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Monday			Tuesday		
9:00	NIA	3	8:30	Ceramics	4
9:00	Watercolors		9:00	Stretch & Tone	
10:15	Pickleball (<i>outside only</i>)		9:30	Line Dancing	
10:30	Meditation		10:30	Tai Chi	
10:30	Golf Opening Meeting		11:00	Canasta	
11:00	Bridge Lessons		11:30	Lunch	
12:30	Exercise Help		12:45	Crafts	
1:00	Movie: National Treasure		1:00	Computer Help	
1:00	Beginning Watercolors		2:00	Beginning Line Dancing	
2:00	Strength Conditioning				
9:00	NIA	10	Making Sense of Alzheimer's and Related Dementias Symposium <small>cost is \$8 and pre-registration is required all other activities for today have been cancelled.</small>		11
9:00	Watercolors				
10:15	Pickleball				
10:30	Meditation				
11:00	Bridge Lessons				
12:30	Exercise Help				
1:00	Movie: National Treasure 2				
1:00	Beginning Watercolors				
2:00	Strength Conditioning		8:00	Continental Breakfast	
			9:00	Keynote Speaker	
			10:15	Breakout Sessions	
			11:15	Breakout Sessions	
			12:15	Lunch (<i>Symposium attendees only</i>)	
			1:00	Keynote Speaker	
			2:15	Breakout Sessions	
			3:15	Breakout Sessions	
9:00	NIA / Watercolors	17	8:30	Ceramics	18
10:15	Pickleball		9:00	Stretch & Tone	
10:30	Meditation		9:30	HAFB/Hive Winery Trip	
11:00	Bridge Lessons		9:30	Line Dancing	
12:30	Exercise Help		10:30	Tai Chi / Clear Captions	
1:00	Movie: The Secret Life of Pets		11:00	Canasta	
1:00	Beginning Watercolors		11:30	Lunch	
2:00	Strength Conditioning		12:00	Medicare Counseling	
			12:45	Crafts	
			1:00	NO Computer Help	
			1:30	Attorney Consultation	
				Beginning Line Dancing	
9:00	Golf: Lakeside	24	8:30	Ceramics	25
9:00	NIA / Watercolors		9:00	Stretch & Tone	
10:15	Pickleball		9:30	AARP Driver Safety	
10:30	Meditation		9:30	Line Dancing	
11:00	Bridge Lessons		10:30	Vital Aging	
12:30	Exercise Help		10:30	Tai Chi	
1:00	Movie: Rogue One		11:00	Canasta	
1:00	Beginning Watercolors		11:30	Lunch	
2:00	Strength Conditioning		12:45	Crafts	
			1:00	Computer Help	
			2:00	Beginning Line Dancing	

Wednesday			Thursday			Friday		
9:00	Painting	5	8:00	Pickleball Instruction	6	9:00	Zumba	7
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone / Pickleball		11:15	Chair Aerobics	
10:00	Yoga		10:30	Tai Chi		11:30	Lunch	
10:00	Transportation		11:00	Blood Pressure		11:45	Massage	
11:15	Chair Aerobics		11:30	Lunch		12:30	Exercise Help	
11:30	Birthday Wed. Lunch		12:45	Happy Hatters		12:45	Bingo	
12:30	Tax Help		2:00	Strength Conditioning		1:00	Bridge	
12:45	Bingo		3:00	Readers Theater				
1:00	Bridge		6:00	AMP				
		7:00	Dance					
9:00	Painting	12	8:00	Pickleball Instruction	13	9:00	Zumba	14
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone / Pickleball		10:30	Brain Fitness and Health	
10:00	Yoga		9:30	HAFB/Hive Winery Trip		11:15	Chair Aerobics	
10:00	Transportation		10:30	Tai Chi		11:30	Lunch	
11:15	Chair Aerobics		11:30	Lunch		11:45	Massage	
11:30	Lunch		2:00	Strength Conditioning		12:30	Exercise Help	
12:30	Tax Help		3:00	Readers Theater		12:45	Special Easter Bingo	
12:45	Bingo		6:00	AMP Graduation		1:00	Bridge	
1:00	Bridge		7:00	Dance				
9:00	Painting	19	8:00	Pickleball Instruction	20	9:00	Zumba	21
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone		10:30	Earthquake Class	
10:00	Yoga		9:00	Pickleball		11:15	Chair Aerobics	
10:00	Transportation		10:30	Tai Chi		11:30	Lunch	
11:15	Chair Aerobics		11:30	Lunch		11:45	Massage	
11:30	Lunch		12:45	Happy Hatters		12:30	Exercise Help	
12:45	Bingo		2:00	Strength Conditioning		12:45	Bingo	
1:00	Bridge		3:00	Readers Theater		1:00	Bridge	
			7:00	Dance				
9:00	Painting	26	8:00	Pickleball Instruction	27	9:00	Zumba	28
9:00	Haircuts		8:30	Ceramics		10:00	Yoga	
9:15	Pinochle		9:00	Stretch & Tone		11:15	Chair Aerobics	
10:00	Yoga		9:00	Pickleball		11:30	Lunch	
10:00	Transportation		9:30	Toenail Clipping		11:45	Massage	
11:15	Chair Aerobics		10:30	Tai Chi		12:30	Exercise Help	
11:30	Lunch		11:30	Lunch		12:45	Bingo	
12:45	Bingo		12:30	Tulip Festival Trip		1:00	Bridge	
1:00	Bridge		2:00	Strength Conditioning				
			3:00	Readers Theater				
		7:00	Dance					

Billiards Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the billiards room at the east end of the building.

Bingo

Bingo is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played. *Join us for a special Easter Bingo on Friday, April 14.*



Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed.



Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid on tournament day.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday** at **9:30** for all dancers, and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Birthday Wednesday



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade!

Happy Hatters

The Happy Hatters are now an independent club.

Meetings are held on the **first Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand and Foot.

Queen: Madeline Coleman
ladydiamond2012@msn.com



Monday Movie

Join us on
Mondays at
1:00 for a **free**
 movie and
 popcorn!



April 3
 National Treasure
 2004 / 131 min
 Adventure / Heist



April 10
 National Treasure 2
 2007 / 124 min
 Mystery / Adventure



April 17
 The Secret Life of Pets
 2016 / 87 min
 Animated



April 24
 Rogue One
 2016 / 133 min
 Epic Space Opera

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday and Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday and Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass**. Ask at the Front Desk for details.



Exercise Help

The U of U Exercise and Sports Students will be at the Center every **Monday and Friday at 12:30-2:00**. *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one-help. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneakers or Silver & Fit benefit

Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master.



The meditation class will continue through **Monday, May 8** from **10:30-12:00**. The cost for this eight-week course is **\$20 or \$3 per class**.

Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your Chakras balanced.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game.



Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts—weather permitting.

If you are new to the sport, **instructional play** takes place every **Thursday** from **8:00-9:00**.

You can also play at the Murray Park Center (296 E. Murray Park Avenue inside Murray Park on State Street) every Tuesday and Thursday from 8:00-12:00.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until **10:00 pm** on **Thursday evenings**. Enjoy the computer lab, billiards room, exercise room, or dance to the music of Tony Summerhays.



Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night** from **7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, Olympus Ranch, Tony Summerhays, Dignity Home Health & Hospice, and Legacy.

Winter Brunch Café

Please join us in the dining room on **Tuesday, May 9** from **10:00** until **12:00**. We will not be offering our Brunch Café in April. You will be able to choose a complete meal or pick à la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order. You will meet the cashier in the dining room to fill out your order form and pay. Our kitchen staff will get your order ready and your server will bring it to you at your table. Please come and enjoy! **This brunch is in lieu of lunch that day so be sure to come early.**



Golf League

The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, April 3** at **10:30** at which time the schedule will be reviewed and local rules for the season outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time, initial sign-up fee of **\$7** is to be paid in addition to the registration fee for the first tournament played.

All tournament fees must be paid at least 10 days before the tournament.



2017 Season Schedule:

4/24	9:00	Lakeside
5/8	8:30	Valley View *
5/22	8:30	The Ridge

** Scramble*

Volunteer of the Month



Michael Searle has been a member of the Murray Heritage Center since 2012 and volunteering for the past three years. For years Michael owned his own cleaning business, and he brings that personal knowledge of building care to the Heritage Center. Nobody ever has to ask Michael to do anything around the Center, he is always three steps ahead of being asked. Have you ever wondered where the popcorn for the movie comes from or who takes down all the tables and chairs after bingo? In his own quiet way, Michael gets it taken care of. Michael maintains a humble and caring attitude toward all the seniors and staff here at the Center.

When Don gets busy with unexpected duties (which is always happening), Michael is there to pick up the slack and help Don out; Don could not ask for a better right-hand man. Michael is always willing to help out whether it be assisting Don, Moe, or Wayne. We are very lucky to have Michael help out in so many different ways.

Special thanks to Michael for countless hours of service to make our Center the best in Utah. Michael will be honored on **Wednesday, April 12** at **noon**.

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, May 11** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**.



Next Wendover Trip: **Thursday, July 13**—The cost will increase to **\$20** per person for the July trip.

Bus driver tips to be paid by the participants starting in May.

Hill Aerospace Museum and The Hive Winery

We will undertake this unique and popular trip on **Thursday, April 13** or **Tuesday, April 18** at **9:30** to two diverse locations in northern Utah. Cost of this trip is **\$5**. Registration begins Friday, March 31.



Our first stop will be the Hill Aerospace Museum, located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage Program and first opened to the public in 1987 where military historical artifacts are on display.

For lunch, we will travel to the Cracker Barrel in Layton where lunch will be on your own.



After lunch, we will visit the Hive Winery, a small “boutique” Utah winery specializing in premium “non-grape” fruit wines and honey wines. The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available.

Tulip Festival at Thanksgiving Point



The Center bus will leave at **12:30** on **Thursday, April 27** or **Tuesday, May 2** and return about 3:30 for Thanksgiving Point and the annual Tulip Festival. Cost for the trip is **\$20** and includes transportation and ticket to the Tulip Festival. Registration begins Wednesday, April 5.



This trip involves a considerable amount of walking; there are carts you can rent for an additional charge at Thanksgiving Point (the Center has not made arrangements for carts).

Welcome spring and enjoy all the colors of the rainbow from over 300,000 spring bulbs inside the 55-acre Ashton Garden. The Tulip Festival at Thanksgiving Point is an awe-inspiring sight that is redesigned each year to create a new display. Mother Nature is in charge of the show.

Tuacahn 2017



It's never too early to be thinking about summer plans and our annual Tuacahn trip is set to depart **Monday, June 5**. Set aside a few days to travel to southern Utah and Mesquite and spend a few evenings at the Tuacahn Amphitheater. This year's shows are *Shrek the Musical* and Disney's *Newsies*. A chartered bus will depart from the Heritage Center on **Monday, June 5** and we will stay 3 nights at the CasaBlanca Hotel in Mesquite, Nevada. Returning on **Thursday, June 8**. The cost is **\$350** per person (double occupancy) and **\$425** (single room) and includes lunch on the bus heading to Mesquite, a \$65 meal card at the CasaBlanca, two pre-show dinners at Tuacahn, and tickets to both musical plays. Sign up for this trip begins Friday, March 24 and seating is limited.

A **minimum \$50 deposit** is required for each participant to register for the trip. Full amount must be received by May 1 at 4:00 pm. Travelers may register for themselves and one other person.

Bus Trip Reminders



If you are traveling on any of our trips, please park your car **north** of the light pole in our parking lot to free up spaces for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

For Le Bus chartered bus trips, the trip escort will pass around a "tip jar" to collect tips for the driver.



National Health and Fitness Day



National Senior Health and Fitness Day is **Wednesday, May 31** from **11:30-4:00** at the **Viridian Event Center**, just 5 miles from the Heritage Center, right behind the West Jordan City Hall. We have teamed up again this year with Salt Lake County Aging & Adult Services to participate in this joint event.

The Heritage Center bus will provide **free** transportation. Sign up at the front desk for the transportation. No registration needed for the event. The first 150 people will enjoy a free lunch. Brain Health will be featured with guest speakers on Healthy Eating for Brain Health, Brain Saver activities, exercise classes, the drum bus (really fun), and many organizations will share their knowledge with you about brain health.



Good Luck, Calli

After almost nine years delighting us with her meals, Calli has accepted a new job with Catholic Community Services and will be managing a kitchen staff and overseeing the preparation of 700 meals a day. We wish her the very best of luck. Her last day at work was Friday, March 10.



Recipe Book

Calli's cookbook is available for purchase at the Front Desk for **\$10**.

Get yours today!!



Welcome, Scott

We are pleased to announce that Scott Harris will be our new chef. He will start work on Thursday, March 30. Scott graduated from culinary school in May 2016. He is very passionate about cooking and is very excited to be in charge of his own kitchen.

Each Friday in April he will provide a menu that participants can pick up at the front desk for the following week. We will also have the menu posted on our lobby computer. Our May newsletter will include our traditional monthly menu.

Thank you to all the participants for your patience and understanding with the staff as we have worked to continue providing meals during the transition period between Calli and Scott.



A **special thanks** to all the staff and volunteers that have been willing to help in the kitchen and have proved the value of teamwork.

Volunteers Needed !!!

The Murray Community Fishing Program at Willow Pond Park is in need of volunteers to help with youth ages 6 to 13 learning how to fish. The program starts **May 2** and is held **Tuesdays and Wednesdays, 6:00-8:00 pm** at **Willow Pond**, 6059 South Murray Parkway Ave. (1080 West).

A training will be held on **Tuesday, April 18 at 6:00 pm** at Murray Parks and Recreation in Murray Park.



Call Wayne at 801-284-4242 for more information.